



Breakfast in the Classroom – Cold menu options (K-12)			
	Servings	Components	
Hard boiled egg Whole wheat Toast Apple wedges Choice of milk	1 egg 1 oz. = 1 slice bread ½ cup apple wedges 8 fl oz. choice of milk	2 meat/ meat alternative 1 grain 1 fruit 1 milk	
Yogurt parfait Cinnamon toast Choice of milk	½ cup yogurt ¼ cup blueberries ¼ cup strawberries ¼ cup granola 1 oz. = 1 slice cinn. toast 8 fl oz. choice of milk	1 meat/ meat alternative ½ fruit ½ fruit 1/3 grain 1 grain 1 milk	
PB&J Uncrustables Orange Choice of milk	2.8 oz. sandwich 1 orange 8 fl oz. choice of milk	1 meat/ meat alternative + 1 grain 1 fruit 1 milk	
Grain fruit bar * ¹ Yogurt Fresh fruit Choice of milk	2.2 oz. grain fruit bar ½ cup yogurt ½ cup fresh fruit 8 fl oz. choice of milk	1 grain 1 meat/ meat alternative 1 fruit 1 milk	
Choice of cereal * ¹ Banana bread 100% fruit juice Choice of milk	¾ cup cereal 1.8 oz. slice banana bread ½ cup fruit juice 8 fl oz. choice of milk	1 grain 1 grain 1 fruit 1 milk	
Breakfast in the Classroom – hot menu options (K-12)			
Breakfast sandwich: Fresh grapes Choice of milk	2 oz. medium bagel 1 egg 1 oz. ham 1 oz. cheese ½ cup fresh grapes 8 fl oz. choice of milk	2 grains 2 meat/ meat alternative 1 meat/ meat alternative 1 meat/ meat alternative 1 fruit 1 milk	
Hot pocket Yogurt Fresh strawberries Choice of milk	1 serving ½ cup yogurt ½ cup 8 fl oz. choice of milk	See: CN label 1 meat/ meat alternative 1 fruit 1 milk	
Pancakes on a stick With powdered sugar Apple sauce Choice of milk	1.1 oz. = 2-3" diameter pancakes with 1 oz. sausage link ½ cup applesauce 8 fl oz. choice of milk	1 grain + 1 meat/ meat alternative 1 fruit 1 milk	

Note: All breakfast selections can be used for Grab n' Go and traditional cafeteria-style breakfasts

¹ Refer to: USDA Food Buying Guide, 2001: pages 3-15 and 3-16. FCF instructions 783.1 Revision 2: Exhibit A